

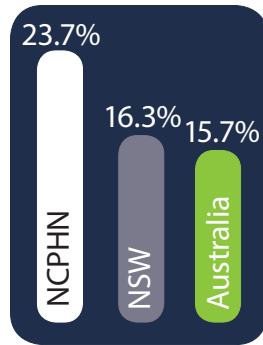
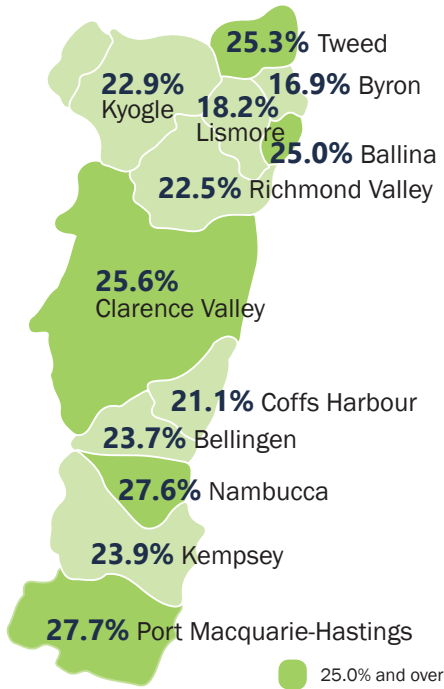


# OLDER PEOPLE FACT SHEET



A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

## North Coast population who are 65 years and older<sup>1</sup>



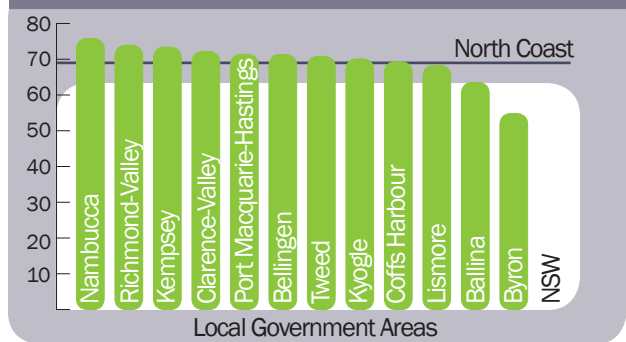
## People 65 years and older in North Coast<sup>1</sup>



**15.8%** reported needing assistance with core activities

**11.2%** provided unpaid assistance to a person with a disability

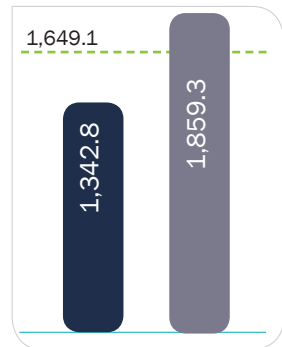
## Percentage of age pensioners<sup>2</sup>



## Hospitalisation rates, per 100,000 population

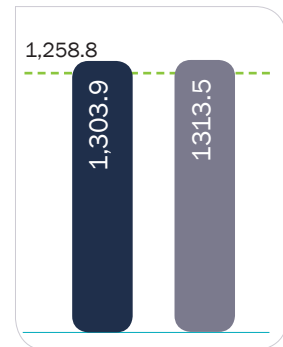
### Dementia<sup>3</sup>

Persons aged 65 and over, 2017-18



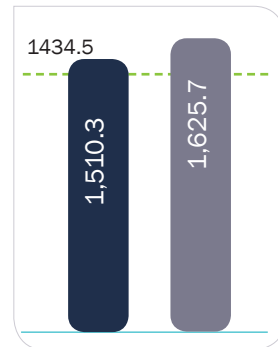
### Stroke<sup>4</sup>

Persons aged 75 and over, 2016-17



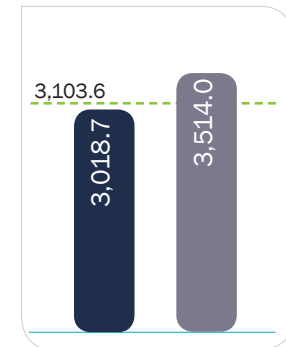
### COPD<sup>5</sup>

Persons aged 65 and over, 2017-18



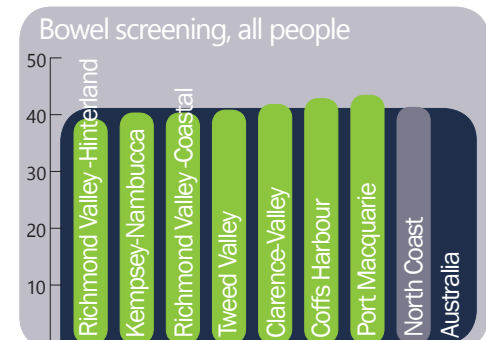
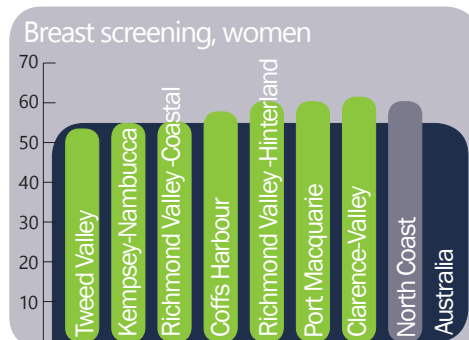
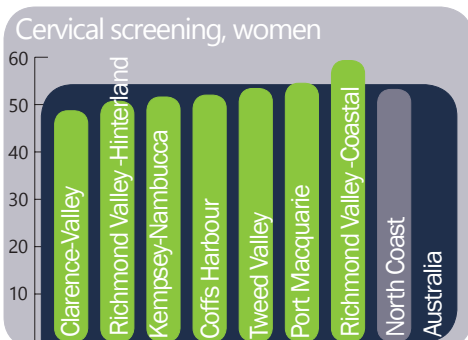
### Coronary heart disease<sup>6</sup>

Persons aged 75 and over, 2016-17



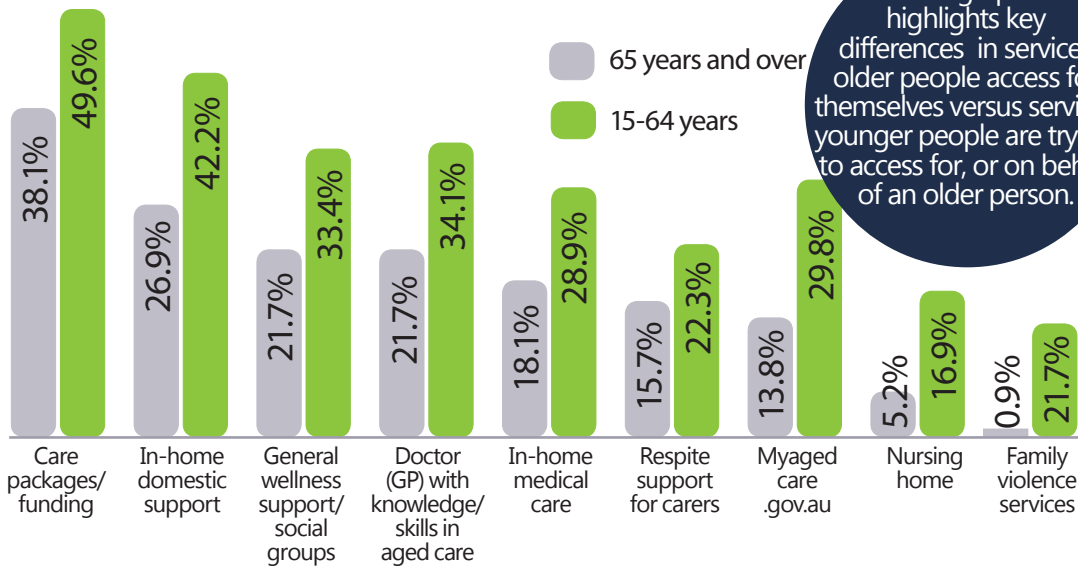
--- NSW  
 ■ Northern NSW LHD  
 ■ Mid North Coast LHD

## Cancer screening 50-74 years, by SA3\*region<sup>7</sup>



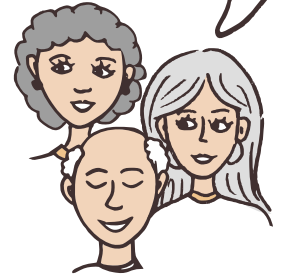
\*SA3 describes a geographic boundary developed by the Australian Bureau of Statistics. SA3 regions generally have a population of between 30,000 and 130,000 people and often cluster around major regional towns and areas.

## % of people who said these services were hard to access<sup>8</sup>



This graph highlights key differences in services older people access for themselves versus services younger people are trying to access for, or on behalf of an older person.

*"More informed attention needs to be given to the elderly who want to stay in their own homes instead of going to a nursing home. There could be more creative alternatives and genuine interest in finding out exactly what elderly people want"*<sup>8</sup>



## General practice patients 65 years and over in the North Coast region<sup>9</sup>

Hypertension 46.7%  
Hyperlipidaemia 32.3%  
Osteoarthritis 28.4%

were the most commonly recorded diseases

Angiotensin ACE & ARBs 43.7%  
Lipid modifying 40.0%  
Pain relief 39.5%

were the most commonly prescribed medications

## In home support services<sup>10</sup>

In 2014-15, there were 6,662 Aged Care Assessment Program assessments completed across the North Coast, which equated to 10% of all assessments done in NSW.

Mean number of days between referral and the first intervention, by SA3 region



NSW 10.0

Mean number of days between referral and end of assessment, by SA3 region



NSW 12.9

## Residential aged care facilities (RACF)<sup>11</sup>



### North Coast

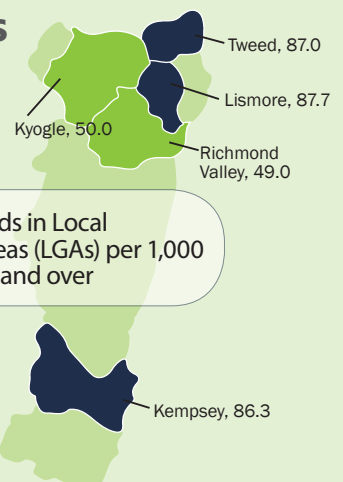
**94** Residential aged care facilities

**7,327** RACF beds

**75.2** beds per 1,000 people aged 65 and over

Kyogle and Richmond Valley LGAs have the lowest rate of RACF beds

### LGAs



Rate of RACF beds in Local Government Areas (LGAs) per 1,000 people aged 65 and over

Lismore, Tweed and Kempsey LGAs have the highest rate of RACF beds

**SpeakUp**, the 2018 local health needs assessment community survey was held in June 2018 and completed by 3,372 North Coast locals from Port Macquarie to Tweed Heads.

**751**



Survey participants 65 years and older

**NORTH COAST**  
3,372

**5.1%**

identified as LESBIAN, GAY, BISEXUAL, QUEER, TRANSGENDER, NON-BINARY OR WITH A DIFFERENT GENDER OR SEXUAL IDENTITY

**18.8%**

said they wouldn't be able to get \$2,000 for something important within a WEEK

**2.9%**

identified as ABORIGINAL or TORRES STRAIT ISLANDER

**50.9%**

had PRIVATE HEALTH INSURANCE

**2.2%**

WORKED 35 or more HOURS a week

**15.1%**

needed help with SELF CARE activities

Participants were asked which health challenges they face...

Top 3 health challenges for people aged 65 years and over

**#1**  
Arthritis/  
Osteoporosis

46.3%

15-64 years

15.0%

35.1%

**#2**  
Ageing/  
Frailty

15-64 years

4.3%

31.8%

**#3**  
High blood pressure

15-64 years

12.3%

Participants were asked what they think are the three most serious health concerns in their community...

**People aged 65 years and over**

1	Ageing issues	75.7%
2	Drug and alcohol misuse	34.8%
3	Diet and exercise	26.6%

**People aged 15 to 64 years**

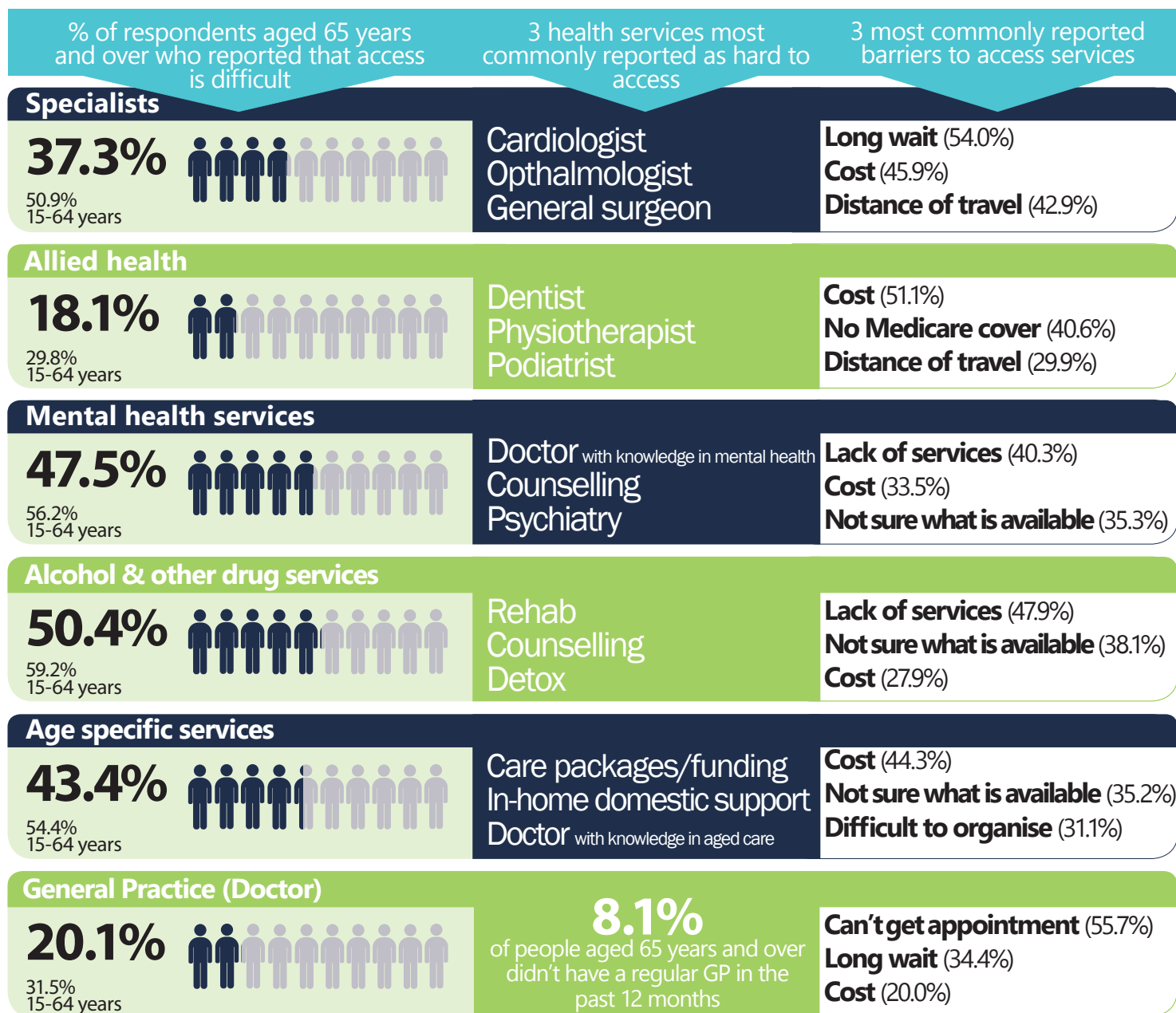
1	Mental health issues	56.0%
2	Drug and alcohol misuse	52.6%
3	Ageing issues	36.0%

Survey respondents told us which additional services are needed to meet health challenges in their community...

and why...

**GP** (Rehab, Urologist, Community Health)  
**Dental**  
**Allied Health** (Nurses, Care Package, Psychiatrist)  
**Specialists** (Counselling Support Group, Domestic Care, After Hours, Neurologist, Hospital, Cardiologist, Outreach, Ambulance)

**Access** (Education, Travel, Continuity, Respect, Support, Wait, Cost, Bureaucracy, Facility, Information, Parking, Quality, Coordination, Understaffed)



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- 3 Centre for Epidemiology and Evidence, 2019. Health Statistics New South Wales: Dementia hospitalisations, Local Health District, 2017-18 [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/bod\\_dementhos/bod\\_dementhos\\_lhn\\_snap](http://www.healthstats.nsw.gov.au/Indicator/bod_dementhos/bod_dementhos_lhn_snap) [Accessed July 2019].
- 4 Centre of Epidemiology and Evidence, 2018. Health Statistics New South Wales: Stroke hospitalisations, Local Health District, 2016-17 [Online] Available at: [http://www.healthstats.nsw.gov.au/Indicator/cvd\\_strhos/cvd\\_strhos\\_lhn\\_snap](http://www.healthstats.nsw.gov.au/Indicator/cvd_strhos/cvd_strhos_lhn_snap) [Accessed July 2019].
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